



Product Spotlight:
Kale


Kale can dehydrate quickly in the fridge. Trim and place in it a bowl of water in the fridge to store or rehydrate.




Beef Steaks

with Black Pepper and Onion Sauce

Grass-fed beef steaks served on a bed of polenta with sautéed rosemary mushrooms, kale and black pepper and onion sauce.

 20 minutes

 2 servings

 Beef

9 June 2023

Spruce it up!

For a decadent polenta, cook according to instructions, then stir in 1/2 cup cream and 1/4 cup finely grated parmesan.

Per serve: **PROTEIN** 44g **TOTAL FAT** 10g **CARBOHYDRATES** 59g

FROM YOUR BOX

BEEF STEAKS	300g
KALE	1 bunch
ROSEMARY	1 sprig
SLICED MUSHROOMS	1 punnet
BROWN ONION	1
INSTANT POLENTA	125g

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube, 1 garlic clove, soy sauce (or tamari), cornflour

KEY UTENSILS

2 frypans, saucepan

NOTES

Use black pepper to taste if you prefer a milder flavour.



1. COOK THE BEEF STEAKS

Bring a saucepan with **700ml water** to a boil (see step 5).

Heat a frypan over medium-high heat. Coat beef steaks in **oil, salt and pepper**. Add to pan and cook for 2-4 minutes each side or until cooked to your liking. Set aside to rest and keep pan over heat for step 3.



2. SAUTÉ THE KALE

Heat a second frypan over medium-high heat with **oil**. Remove the kale leaves from the stalks and roughly chop. Crush **garlic clove**. Add all to pan and sauté for 3-4 minutes until kale is tender. Season to taste with **salt and pepper**.



3. COOK THE MUSHROOMS

Roughly chop rosemary leaves (reserve half for step 5). Add to reserved pan along with mushroom. Cook, stirring occasionally, for 6-8 minutes until brown. Keep pan over heat and remove mushrooms to a bowl.



4. MAKE THE PEPPER SAUCE

Thinly slice onion. Add to reserved frypan and sauté for 3 minutes. Whisk together **3/4 cup water, 2 tsp cornflour, 1 tsp soy sauce** and **1 tsp cracked pepper** (see notes). Pour mix into pan with onion. Simmer, whisking occasionally, for 4-6 minutes until thickened.



5. COOK THE POLENTA

Add reserved rosemary and **1 stock cube** to saucepan of boiling water. Gradually pour in polenta, whisking continuously until thickened. Remove from heat and season to taste with **salt and pepper**.



6. FINISH AND SERVE

Slice steaks.

Spoon polenta into shallow bowls. Top with sautéed kale, mushrooms and steaks. Spoon over pepper and onion sauce.



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